

Transcript of Media-Cleaning up the facts about juice cleanses

Omar Khokhar, MD, OSF HealthCare gastroenterologist

No evidence juice cleanses remove toxins.

"I don't know of any data that shows that a juice cleanse will preemptively remove toxins that being said, if you reduce the amount of overall chemicals or ingredients that you're ingesting, you may have less toxins going in and thereby being metabolized and then excreted." (:21)

There are better approaches to improving gut health.

"Eat on the outside of the grocery store. We talk about produce, meat, seafood, and if you can tolerate it, dairy. The other way to look at it is, and I do this very frequently in our clinic for patients who have heartburn, diarrhea, constipation, I'll tell them, give me three days. Don't eat anything out of a wrapper, box, or a can." (:25)

Most people need more soluble and insoluble fiber in their diet and that's critical to improving digestion.

"The trick with the GI tract is to keep things moving. When things stagnate, that's when your GI gut microbiome can replicate in the wrong way. It's when you get constipation, and you get diverticulosis, and you get bloating. So, it's all about keeping things moving." (:23)

There is something called a migrating motor complex, or MMC for short, that does kind of a soft tidal wave through your GI tract every two to three hours.

"That's because it's important to replenish and recycle bacteria and the gut microbiome that often, and so if you change what you're putting into your system, it will affect the composition of that system." (:21)